

October, 1955

Foods and Nutrition

Home Economics Circular #297

THE HOLIDAY TURKEY

SELECTING.....COOKING.....CARVING

Thanksgiving, Christmas and New Year's are occasions when many of us like to serve turkey, goose, duck or chicken, but hesitate selecting, cooking and carving the bird!

A few tips on all three points should make the butcher happy with our knowledge of what we wish to buy, Mother happy cooking in the kitchen, and Father happy at the serving table!

Selecting the Right Size

The number of servings needed plus those allowed for seconds and dishes from leftovers (if any), is a guide to determining the size bird to use. For ready-to-cook turkeys--completely cleaned, with entrails removed, giblets wrapped separately, the following table of weights has been prepared:

READY-TO-COOK TURKEY* (Pounds)	NUMBER OF SERVICE
6 to 8	6 to 10
8 to 12	10 to 20
12 to 16	20 to 32
16 to 20	32 to 40
20 to 24	40 to 50

Cooking in Aluminum Foil

This new style of cooking cuts roasting time in half. A high temperature (450° F.) is used, and it is recommended that stuffing be baked separately to save more time. Turkey is completely wrapped in foil up to the last half hour of roasting time. This method prevents burning; retains aroma, flavor, juicy texture; keeps oven from being spattered.

*For ready-to-cook chicken allow 1 pound per serving; ready-to-cook fat duck or goose, 1½ pounds per serving.

COOKING TIME FOR FOIL-WRAPPED TURKEY

Turkey Weight
(without stuffing, giblets)

POUNDS

8 to 10
10 to 12
14 to 16
18 to 20
22 to 24

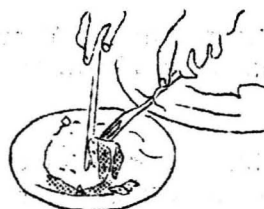
Turkey Cooking Time*
(hours) at 450° F.

2-1/4 to 2-1/2
2-3/4 to 3
3 to 3-1/4
3-1/4 to 3-1/2
3-1/4 to 3-3/4

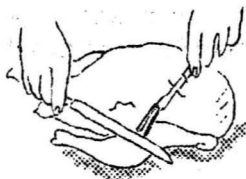
Carving Correctly (Standard Method) -- Poultry and Egg Board



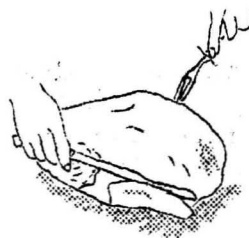
1. Remove leg (thigh or second joint and drumstick). Hold drumstick firmly, pulling gently from body while cutting through skin.



4. Slice thigh meat. Hold thigh firmly on plate with fork. Cut slices parallel to the thigh bone.



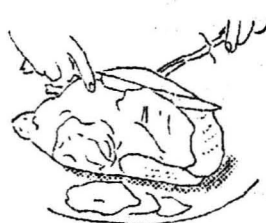
2. Press leg away from body with flat side of knife and cut through leg joint at backbone. Remove cyster-shaped piece in spoon-shaped section of back. Cut through joint between thigh and drumstick.



5. Cut into white meat parallel to wing. Make cut deep into breast to body frame, parallel to and as close to wing as possible.



3. Slice drumstick meat. Hold drumstick upright on plate and cut down, turning drumstick for uniform slices.



6. Slice white meat. Beginning at front, halfway up breast, cut thin slices down to parallel cut (5). Slices will fall away as cut. Carve enough for first servings, more as needed. If turkey is stuffed, remove individual servings from opening cut into side of turkey where leg was removed.

*Approximately the same time per pound for chicken, duck or goose.

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